



PORK PATTIES, BREADED, FROZEN

Date: April 2009

Code: A713

PRODUCT DESCRIPTION

- Breaded pork patties are made from ground pork. They are shaped into oval or round patties, breaded, and individually quick frozen (IQF).

PACK/YIELD

- Breaded pork patties are packed in 5 pound packages, which is about 27 servings of cooked meat (about 3 ounces per patty).

STORAGE

- Keep breaded pork patties frozen at 0 degrees F until ready to use.
- After cooking, store any leftover pork patties in a container not made from metal in the refrigerator. Use within 3 to 4 days.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Preheat oven to 350 degrees F.
- Bake frozen pork patties for 15 to 20 minutes or until cooked evenly heated.
- Bake defrosted pork patties for 12 to 15 minutes or until cooked evenly heated.

USES AND TIPS

- Breaded pork patties can be made into sandwiches.
- Use breaded pork patties as part of a main dish when paired with a vegetable and rice or mashed potatoes.

NUTRITION INFORMATION

- 3 ounce breaded pork patty counts as 2 oz in the MyPyramid.gov Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group of MyPyramid. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces of meat. A serving size is about 3 ounces.

FOOD SAFETY INFORMATION

- To defrost pork patties, place in the refrigerator for 24 hours or place the package in cold water, changing the water every 30 minutes until meat is thawed.
- Never defrost pork patties on the countertop or at room temperature.
- Cook pork patties to a safe internal temperature of 165 degrees F, using a food thermometer.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: 3 ounces (85g) cooked breaded pork patty

Amount Per Serving

Calories	300	Calories from Fat	180
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% Daily Value*

Total Fat 20g	31%
Saturated Fat 5g	26%
Trans Fat 0g	
Cholesterol 45mg	16%
Sodium 500mg	21%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	3%
Sugars 2g	
Protein 15g	

Vitamin A	0%	Vitamin C	0%
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Calcium	6%	Iron	8%
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*Percent Daily Values are based on a 2,000 calorie diet.

SUPER FAST PORK PARMESAN

MAKES ABOUT 8 SERVINGS

Ingredients

- 4 breaded pork patties (about 3 ounces each), frozen
- Nonstick cooking spray
- 1 can (about 15 ounces) tomato sauce
- 1 cup low-fat cheddar or mozzarella cheese, shredded
- ¼ cup Parmesan cheese
- 1 package (about 1 pound) whole-wheat pasta, such as rotini, cooked

Directions

1. Preheat oven to 400 degrees F.
2. Coat bottom of a 9x9-inch baking dish with nonstick cooking spray.
3. Place pork patties in dish.
4. Pour tomato sauce over pork patties.
5. Sprinkle on the cheddar cheese and then the Parmesan cheese.
6. Bake for about 20 to 30 minutes or until the cheese is melted and bubbling, and pork patties are heated evenly.
7. Serve over cooked pasta.

Nutritional Information for 1 serving (about ½ patty and 1 cup pasta) of Super Fast Pork Parmesan					
Calories	400	Cholesterol	63 mg	Sugar	3 g
Calories from Fat	120	Sodium	660 mg	Protein	21 g
Total Fat	13 g	Total Carbohydrate	52 g	Vitamin A	27 RAE
Saturated Fat	4 g	Dietary Fiber	1 g	Vitamin C	4 mg
				Calcium	150 mg
				Iron	3 mg

Recipe adapted from Recipezaar.com.

BUFFALO PORK SALAD

MAKES ABOUT 4 SERVINGS

Ingredients

- 3 breaded pork patties (about 3 ounces each), thawed
- 1 tablespoon margarine, melted
- 1 tablespoon hot sauce
- 8 cups lettuce, cut into pieces
- 2 tablespoons low-fat sour cream

Directions

1. Preheat oven to 400 degrees F.
2. Combine margarine and hot sauce in a small cup; mix well. Brush over pork patties and place on a baking sheet.
3. Bake for 12 to 15 minutes or until evenly heated.
4. Slice cooked pork patties and place on top of lettuce. Top with sour cream.

Nutritional Information for 1 serving of Buffalo Pork Salad					
Calories	270	Cholesterol	40 mg	Sugar	2 g
Calories from Fat	170	Sodium	410 mg	Protein	14 g
Total Fat	18 g	Total Carbohydrate	15 g	Vitamin A	125 RAE
Saturated Fat	5 g	Dietary Fiber	3 g	Vitamin C	24 mg
				Calcium	122 mg
				Iron	3 mg

Recipe adapted from Recipezaar.com.